

# Protein 19/09/22 - 25/09/22

We create a food that works with your body, not against it. This is why all our food is cooked from scratch using the best quality ingredients. All our food is wheat, dairy, and refined sugar free. This 1,500 kcal package provides you with a rich source of nutrients made up of whole grains, legumes, vegetables, fruits, nuts and seeds. Each day your package contains a shot of ginger and herbal tea.

## Monday

**MORNING JUICE** So fresh and so green  
**BREAKFAST** Red pepper and broccoli frittata  
**SNACKS** Edamame  
**LUNCH** Prawn super grain salad with and balsamic dressing.  
**NUTS** Toasted tamari pumpkin seeds  
**DINNER** Chicken Thai red curry with brown rice  
**DESSERT** Banana Bread

## Tuesday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Blueberry Oat Bread with Almond Butter, and berry compote  
**SNACKS** Zaatar and butterbean dip  
**LUNCH** Raw Pad Thai with tamari chicken with almond butter satay  
**NUTS** Almonds  
**DINNER** Chicken Kofta with quinoa, broccoli  
**DESSERT** Sweet potato brownies

## Wednesday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Rye bread with smashed avocado and slow roasted tomato's, eggs  
**SNACKS** Hummus pea and edamame pot  
**LUNCH** Zaatar chicken salad with rocket, green beans & apple cider dressing  
**NUTS** Toasted sunflower seeds  
**DINNER** Smoky baked beans and sweetcorn fritters  
**DESSERT** Blueberry Cheesecake

## Thursday

**MORNING JUICE** Hulk  
**BREAKFAST** Cranberry and almond granola w compote & coconut yogurt  
**SNACKS** Beetroot Humus  
**LUNCH** Seared Tuna Niçoise Salad  
**NUTS** Almonds  
**DINNER** Turkey meatball with apricot and sweet corn chilli  
**DESSERT** Cookie dough bites

## Friday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Chocolate chip banana pancakes with strawberries and maple syrup  
**SNACKS** Edamame  
**LUNCH** Chipotle chicken bowl with cauliflower rice, black beans, corn and salsa  
**NUTS** Toasted tamari pumpkin seeds  
**DINNER** Prawn, Sweet potato and coconut dahl  
**DESSERT** Sweet potato brownies

## Saturday

**MORNING JUICE** Vitamin C  
**BREAKFAST** Sweet Potato Frittata with red pepper and tomato sauce  
**SNACKS** Red pepper and butterbean dip and celery sticks  
**LUNCH** Chinese chicken, broccoli, hibiscus cabbage, wild rice w almond butter  
**NUTS** Almonds  
**DINNER** Dosa with chicken keema  
**DESSERT** Lemon cheesecake

## Sunday

**MORNING JUICE** When the beet drops  
**BREAKFAST** Vegan Banana Pancakes with peanut butter & maple syrup  
**SNACKS** Edamame  
**LUNCH** Balsamic roasted chicken and vegetables with quinoa  
**NUTS** Toasted tamari pumpkin seeds  
**DINNER** Chicken butternut squash curry with brown rice  
**DESSERT** Chocolate covered strawberries